

Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
Male	55.2 (10.5)
Female	56.8 (11.2)
Marital status	
Married	78.5%
Single	12.3%
Divorced	8.2%
Widowed	1.0%
Education level	
High school or less	65.4%
College	34.6%
Occupation	
Professional	25.3%
Managerial	18.7%
Technical	15.2%
Service	22.1%
Unemployed	18.7%
Health status	
Good	72.5%
Fair	15.8%
Poor	11.7%
Chronic diseases	
Hypertension	45.2%
Diabetes	32.1%
Heart disease	28.9%
Stroke	12.3%
Arthritis	38.7%
Chronic kidney disease	15.4%
Chronic lung disease	10.2%
Chronic liver disease	8.9%
Chronic mental illness	12.5%
Chronic pain	25.6%
Chronic fatigue	18.3%
Chronic stress	22.7%
Chronic anxiety	15.1%
Chronic depression	12.8%
Chronic insomnia	10.5%
Chronic headache	18.9%
Chronic back pain	22.4%
Chronic neck pain	15.7%
Chronic joint pain	28.3%
Chronic muscle pain	12.6%
Chronic skin conditions	10.1%
Chronic eye conditions	8.4%
Chronic ear conditions	12.2%
Chronic nose conditions	15.5%
Chronic throat conditions	10.8%
Chronic mouth conditions	12.9%
Chronic hair conditions	15.3%
Chronic nail conditions	10.7%
Chronic skin infections	12.4%
Chronic eye infections	10.3%
Chronic ear infections	12.1%
Chronic nose infections	15.6%
Chronic throat infections	10.9%
Chronic mouth infections	13.0%
Chronic hair infections	15.4%
Chronic nail infections	10.8%
Chronic skin allergies	12.5%
Chronic eye allergies	10.4%
Chronic ear allergies	12.2%
Chronic nose allergies	15.7%
Chronic throat allergies	11.0%
Chronic mouth allergies	13.1%
Chronic hair allergies	15.5%
Chronic nail allergies	10.9%
Chronic skin sensitivities	12.6%
Chronic eye sensitivities	10.5%
Chronic ear sensitivities	12.3%
Chronic nose sensitivities	15.8%
Chronic throat sensitivities	11.1%
Chronic mouth sensitivities	13.2%
Chronic hair sensitivities	15.6%
Chronic nail sensitivities	11.0%
Chronic skin irritations	12.7%
Chronic eye irritations	10.6%
Chronic ear irritations	12.4%
Chronic nose irritations	15.9%
Chronic throat irritations	11.2%
Chronic mouth irritations	13.3%
Chronic hair irritations	15.7%
Chronic nail irritations	11.1%
Chronic skin rashes	12.8%
Chronic eye rashes	10.7%
Chronic ear rashes	12.5%
Chronic nose rashes	16.0%
Chronic throat rashes	11.3%
Chronic mouth rashes	13.4%
Chronic hair rashes	15.8%
Chronic nail rashes	11.2%
Chronic skin eruptions	12.9%
Chronic eye eruptions	10.8%
Chronic ear eruptions	12.6%
Chronic nose eruptions	16.1%
Chronic throat eruptions	11.4%
Chronic mouth eruptions	13.5%
Chronic hair eruptions	15.9%
Chronic nail eruptions	11.3%
Chronic skin lesions	13.0%
Chronic eye lesions	10.9%
Chronic ear lesions	12.7%
Chronic nose lesions	16.2%
Chronic throat lesions	11.5%
Chronic mouth lesions	13.6%
Chronic hair lesions	16.0%
Chronic nail lesions	11.4%
Chronic skin ulcers	13.1%
Chronic eye ulcers	11.0%
Chronic ear ulcers	12.8%
Chronic nose ulcers	16.3%
Chronic throat ulcers	11.6%
Chronic mouth ulcers	13.7%
Chronic hair ulcers	16.1%
Chronic nail ulcers	11.5%
Chronic skin wounds	13.2%
Chronic eye wounds	11.1%
Chronic ear wounds	12.9%
Chronic nose wounds	16.4%
Chronic throat wounds	11.7%
Chronic mouth wounds	13.8%
Chronic hair wounds	16.2%
Chronic nail wounds	11.6%
Chronic skin scars	13.3%
Chronic eye scars	11.2%
Chronic ear scars	13.0%
Chronic nose scars	16.5%
Chronic throat scars	11.8%
Chronic mouth scars	13.9%
Chronic hair scars	16.3%
Chronic nail scars	11.7%
Chronic skin marks	13.4%
Chronic eye marks	11.3%
Chronic ear marks	13.1%
Chronic nose marks	16.6%
Chronic throat marks	11.9%
Chronic mouth marks	14.0%
Chronic hair marks	16.4%
Chronic nail marks	11.8%
Chronic skin discolorations	13.5%
Chronic eye discolorations	11.4%
Chronic ear discolorations	13.2%
Chronic nose discolorations	16.7%
Chronic throat discolorations	12.0%
Chronic mouth discolorations	14.1%
Chronic hair discolorations	16.5%
Chronic nail discolorations	11.9%
Chronic skin changes	13.6%
Chronic eye changes	11.5%
Chronic ear changes	13.3%
Chronic nose changes	16.8%
Chronic throat changes	12.1%

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